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**For Immediate Release**

**#43-22**

**NYC EMERGENCY MANAGEMENT AND THE HEALTH DEPARTMENT ADVISE  
NEW YORKERS TO BEAT THE HEAT**

*Heat Advisory in effect for New York City at 11 a.m. Thursday, August 4 through 8 p.m. Friday,  
August 5*

*Cooling centers will be open. To find the nearest location, including hours of operation, call 311  
or visit the City's Cooling Center Finder*

*Cooling Center Finder will be activated at 9 p.m. on Wednesday, August 3*

**August 3, 2022** —The New York City Emergency Management Department and the Health Department today advised New Yorkers to take precautions to beat the heat. The National Weather Service issued a Heat Advisory for New York City starting Thursday, August 4 at 11 a.m. until Friday, August 5 at 8 p.m. High heat and humidity are in the forecast for Thursday with heat index values in the mid 90s to low 100s across the city. Heat indices in the mid to upper 90s are also expected on Friday.

“Dangerous heat and high humidity are returning to New York City this week and we encourage New Yorkers to take precautions to avoid exposure to the extreme conditions,” said **New York City Emergency Management Commissioner Zach Iscol**. “Remember to stay hydrated and if you are venturing outdoors, avoid strenuous activity, and wear lightweight clothing.”

New York City opens cooling centers when the heat index is forecast to be 95 degrees or above for two or more consecutive days, or if the heat index is forecast to be 100 degrees or above for any amount of time. Cooling centers located at older adult center sites will be reserved for older New Yorkers, ages 60 and older. To prevent the spread of COVID-19, individuals are reminded to stay at home if they are feeling sick or exhibiting symptoms of COVID-19. To find a cooling center, including accessible facilities closest to you, call 311 (212-639-9675 for Video Relay Service, or TTY: 212-504-4115) or visit the NYC Cooling Center Finder at [NYC.gov/beattheheat](https://nyc.gov/beattheheat).

New Yorkers can now also find cooling centers that welcome pets throughout the five boroughs. The City has also partnered with Petco to offer New Yorkers and their pets additional spaces to seek relief from the heat. All locations can be found on the City's Cooling Center Finder which will be activated at 9 p.m. on Wednesday, August 3. As a reminder, service animals are always allowed at cooling centers.

“We urge all New Yorkers to look after themselves and others during this heat, which is not only uncomfortable, but can also be dangerous,” said **Health Commissioner Dr. Ashwin Vasan**. “The best way to keep cool is to stay in air-conditioned spaces, like a home or a City Cooling Center. Wear light clothing, stay hydrated, and check in on your friends, family members and

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neighbors who may be at risk of heat-related illness, especially older adults and those experiencing mobility challenges. Taking a few simple precautions can mean the difference between staying safe and needing health care during this hot weather.”

In New York City, most heat-related deaths occur after exposure to heat in homes without air conditioners. Air conditioning is the best way to stay safe and healthy when it is hot outside, but some people at risk of heat illness do not have or do not turn on an air conditioner. The New York City Emergency Management Department and the Health Department urge New Yorkers to take steps to protect themselves and help others who may be at increased risk from the heat. For more information, including heat-related health tips and warning signs of heat illness, visit [NYC.gov/health](https://nyc.gov/health) or [NYC.gov/beattheheat](https://nyc.gov/beattheheat).

New York City's outdoor pools are open for the summer. Standard pool protocols apply—bring a bathing suit, towel, and lock to secure belongings. Pool hours are 11 a.m. to 3 p.m., and 4 p.m. to 7 p.m., seven days a week. More information can be found at [nyc.gov/parks/pools](https://nyc.gov/parks/pools).

A citywide map of outdoor cooling options (including spray showers, drinking fountains, and more) can be found online at [Cool It! NYC](https://nyc.gov/coolit).

During extreme heat, the Department of Social Services (DSS) issues a Code Red Alert. During Code Reds, shelter is available to anyone experiencing homelessness, where those experiencing heat-related discomfort are also able to access a designated cooling area. DSS staff and the agency's not-for-profit contracted outreach teams who engage with individuals experiencing homelessness 24/7/365 redouble their efforts during extreme heat, with a focus on connecting vulnerable New Yorkers experiencing unsheltered homelessness to services and shelter.

## **ADDITIONAL HEALTH AND SAFETY TIPS FOR PROTECTION AGAINST THE HEAT**

- Go to an air-conditioned location, even if for a few hours.
- Stay out of the sun and avoid extreme temperature changes.
- Avoid strenuous activity, especially during the sun's peak hours: 11 a.m. to 4 p.m. If you must do strenuous activity, do it during the coolest part of the day, which is usually in the morning between 4 a.m. and 7 a.m.
- Remember: drink water, rest, and locate shade if you are working outdoors or if your work is strenuous. Drink water every 15 minutes even if you are not thirsty, rest in the shade, and watch out for others on your team. Your employer is required to provide water, rest, and shade when work is being done during extreme heat.
- Wear lightweight, light-colored clothing when inside without air conditioning or outside.
- Drink fluids, particularly water, even if you do not feel thirsty. Your body needs water to keep cool. Those on fluid-restricted diets or taking diuretics should first speak with their doctor, pharmacist, or other health care provider. Avoid beverages containing alcohol or caffeine.
- Eat small, frequent meals.

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- Cool down with a cool bath or shower.
  - Participate in activities that will keep you cool, such as going to the movies, walking in an air-conditioned mall, or swimming at a pool or beach.
  - Make sure doors and windows have tight-fitting screens and, in apartments where children live, and window guards. Air conditioners in buildings more than six stories must be installed with brackets so they are secured and do not fall on someone below.
  - Never leave your children or pets in the vehicle, even for a few minutes.

## **KNOW THE WARNING SIGNS OF HEAT ILLNESS**

Call 911 immediately if you or someone you know has:

- Hot dry skin.
- Trouble breathing.
- Rapid heartbeat.
- Confusion, disorientation, or dizziness.
- Nausea and vomiting.

If you or someone you know feels weak or faint, go to a cool place and drink water. If there is no improvement, call a doctor or 911.

## **KEEPING YOUR PETS SAFE**

- Avoid dehydration: Pets can dehydrate quickly, so give them plenty of fresh, clean water.
- Walk your dog in the morning and evening: When the temperature is very high, do not let your dog linger on hot asphalt. Your pet's body can heat up quickly, and sensitive paw pads can burn.
- Know when your pet is in danger: Symptoms of overheating in pets include excessive panting or difficulty breathing, increased heart and respiratory rate, drooling, mild weakness, unresponsiveness, or even collapse.

## **IMPROPER FIRE HYDRANT USE**

The improper opening of fire hydrants wastes 1,000 gallons of water per minute, causes flooding on city streets, and lowers water pressure to dangerous levels, which hamper the ability of the Fire Department to fight fire safely and quickly.

Use "spray caps" to reduce hydrant output to a safe 25 gallons per minute while still providing relief from the heat. To obtain a spray cap, an adult 18 years or older with proper identification can go to his or her local firehouse and request one.

## **ENERGY-SAVING TIPS**

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During periods of intense electrical usage, such as on hot, humid days, it is important to conserve energy as much as possible to avoid brownouts and other electrical disruptions. While diminishing your power usage may seem inconvenient, your cooperation will help to ensure that utility providers are able to provide uninterrupted electrical service to you and your neighbors, particularly those who use electric powered medical equipment or are at risk of heat-related illness and death:

- Set your air conditioner to 78°F or “low.”
- Run appliances such as ovens, washing machines, dryers, and dishwashers in the early morning or late at night when it is cooler outside to reduce heat and moisture in your home.
- Close doors to keep cool air in and hot air out when the air conditioner is running.
- Keep shades, blinds, and curtains closed. About 40 percent of unwanted heat comes through windows.
- Turn off air conditioners, lights, and other appliances when not at home, and use a timer or smart technology to turn on your air conditioner about a half-hour before arriving home. Keep air conditioner filters clean.
- If you run a business, keep your door closed while the air conditioner is running.
- Tell your utility provider if you or someone you know depend on medical equipment that requires electricity.

For more information, visit [NYC.gov/beattheheat](http://NYC.gov/beattheheat). New Yorkers are also encouraged to stay informed by signing up for Notify NYC, the City's free emergency communications program, to receive free emergency alerts and updates in your preferred language and format by visiting [NYC.gov/NotifyNYC](http://NYC.gov/NotifyNYC), calling 311 (212-639-9675 for Video Relay Service, or TTY: 212-504-4115), following @NotifyNYC on Twitter, or getting the free Notify NYC mobile application for your Apple or Android device.

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**MEDIA CONTACT:** Press Office (718) 422-4888

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